



NTHC Q4 2020
Grant
Recipient
\$5000

Best Foot Forward Foundation

Mission: Best Foot Forward (BFF) serves 250 students in Palm Beach County from elementary school to college who are part of the foster care system. BFF's programming is very effective. Its signature program Grounded for Life positions foster youth for success. Every year since 2010, high school participants have a 100% high school graduation rate.

Project: The Grounded for Life program helps to promote positive pathways for foster youth who are struggling academically and falling behind. This is essentially important during COVID as students are challenged with academics, toxic stress, and unstable living environments. Funding would specially support personalized tutoring and mentoring, and study skills assistance for foster youth in middle, high school and post-secondary education.

BFF makes one-on-one connections with each student through Graduation Coaches who use tools such as a comprehensive academic plan; individualized goals; test taking and study skills assistance; consistent systemic monitoring of students' progress; and engagement with teachers, caregivers, case managers, and community providers to motivate foster youth to achieve success.

Graduation Coaches build long-term relationships with students, working one-on-one with youth virtually or in-person on a weekly basis. Coaches and a College Team help youth navigate a complex college admissions and financial aid process. Once students are enrolled in post-secondary education, BFF also assists students with this transition, helping with housing, tutoring, academic advice, and daily living supplies.

In addition to academic success, foster youth desperately need assistance with the development of life skills to gain self-confidence, become resourceful and self-sufficient, and position themselves to reach their full potential. One of the biggest barriers for the youth in our program is that they have never had anyone in their life to take care of them or anyone committed to their success. Graduation Coaches, College Advisors, tutors, and/or mentors become these students' safety net, building trusted, long-lasting relationships with youth in the program. Students who lacked hope begin to develop life skills and gain self-confidence that allow them to become motivated and self-sufficient.

of Children Helped: Approximately 77 Palm Beach County children will benefit.

